

Support and Information Sessions for Parent and Carers

On Young People's Emotional Wellbeing and Mental Health Issues

An opportunity to meet other parents and supportive professionals in a safe relaxed environment

Anxiety

Tue 27th March 2018 , 6.30-8.30pm

Royston Wardieburn Community Centre,
8 Pilton Drive North, EH5 1NF

Depression and Low Mood

Fri 20th April 2018 , 9.30-11.30am

Gate 55, 55 Sighthill Road, EH11 4PB

Communication with Teenagers

Tue 1st May 2018 , 6.30-8.30pm

Jack Kane Centre, 208 Niddrie Mains Rd

Self Harm

Tue 15th May 2018 , 6.30-8.30pm

Southside Community Centre,
117 Nicolson Street, EH8 9ER

Suicidal thoughts and attempts

Fri 15th June 2018 , 9.30-11.30am

Goodtrees Neighbourhood Centre,
5 Moredunvale Place, EH17 7LB



**Suitable for parents and carers of 11-18 year olds
from in and around Edinburgh**



**For more information or to book a place on any of the sessions please contact
Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or
email jillian.hart@edinburgh.gov.uk**